

|                         |                  | <i>Serving Size(g)</i> | <i>Total Calories</i> | <i>Calories from Fat</i> | <i>Total fat(g)</i> | <i>Sodium(mg)</i> | <i>Potassium(mg)</i> | <i>Total Carbohydrates(g)</i> | <i>Dietary Fiber(g)</i> | <i>Sugars(g)</i> | <i>Protein(g)</i> | <i>%DV Vitamin A*</i> | <i>%DV Vitamin C*</i> | <i>%DV Calcium</i> | <i>%DV Iron</i> |
|-------------------------|------------------|------------------------|-----------------------|--------------------------|---------------------|-------------------|----------------------|-------------------------------|-------------------------|------------------|-------------------|-----------------------|-----------------------|--------------------|-----------------|
| <b>artichoke</b>        | (1 artichoke)    | 56                     | 25                    | 0                        | 0                   | 70                | 180                  | 6                             | 3                       | 1                | 2                 | 2                     | 10                    | 2                  | 2               |
| <b>asparagus</b>        | (5 spears)       | 93                     | 25                    | 0                        | 0                   | 0                 | 230                  | 4                             | 2                       | 2                | 2                 | 10                    | 15                    | 2                  | 2               |
| <b>avocado</b>          | (1/5 medium)     | 30                     | 55                    | 45                       | 5                   | 0                 | 170                  | 3                             | 3                       | 0                | 1                 | 0                     | 4                     | 0                  | 0               |
| <b>bell pepper</b>      | (1 medium)       | 148                    | 30                    | 0                        | 0                   | 0                 | 270                  | 7                             | 2                       | 4                | 1                 | 8                     | 190                   | 2                  | 2               |
| <b>broccoli</b>         | (1 medium stalk) | 148                    | 45                    | 0                        | .5                  | 55                | 540                  | 8                             | 5                       | 3                | 5                 | 15                    | 220                   | 6                  | 6               |
| <b>brussels sprouts</b> | (4 sprouts)      | 84                     | 40                    | 5                        | .5                  | 25                | 290                  | 6                             | 3                       | 2                | 2                 | 8                     | 120                   | 2                  | 0               |
| <b>carrot</b>           | (7" long)        | 78                     | 35                    | 0                        | 0                   | 40                | 280                  | 8                             | 2                       | 5                | 1                 | 270                   | 10                    | 2                  | 0               |
| <b>cauliflower</b>      | (1/6 medium)     | 99                     | 25                    | 0                        | 0                   | 30                | 270                  | 5                             | 2                       | 2                | 2                 | 0                     | 100                   | 2                  | 2               |
| <b>celery</b>           | (2 medium)       | 110                    | 20                    | 0                        | 0                   | 100               | 350                  | 5                             | 2                       | 0                | 1                 | 2                     | 15                    | 4                  | 2               |
| <b>collards</b>         | (2 cups chopped) | 72                     | 25                    | 0                        | 0                   | 30                | 25                   | 5                             | 1                       | 2                | 1                 | 50                    | 30                    | 2                  | 0               |
| <b>cucumber</b>         | (1/3 medium)     | 99                     | 15                    | 0                        | 0                   | 0                 | 170                  | 3                             | 1                       | 2                | 1                 | 4                     | 10                    | 2                  | 2               |
| <b>green beans</b>      | (3/4 cup)        | 83                     | 25                    | 0                        | 0                   | 0                 | 200                  | 5                             | 3                       | 2                | 1                 | 4                     | 10                    | 4                  | 2               |
| <b>green cabbage</b>    | (1/12 medium)    | 84                     | 25                    | 0                        | 0                   | 20                | 190                  | 5                             | 2                       | 3                | 1                 | 0                     | 70                    | 4                  | 2               |
| <b>green onion</b>      | (1/4 chopped)    | 25                     | 10                    | 0                        | 0                   | 5                 | 70                   | 2                             | 1                       | 1                | 0                 | 2                     | 8                     | 0                  | 0               |
| <b>iceberg lettuce</b>  | (1/6 medium)     | 89                     | 15                    | 0                        | 0                   | 10                | 120                  | 3                             | 1                       | 2                | 1                 | 4                     | 6                     | 2                  | 2               |
| <b>leaf lettuce</b>     | (1 1/2 cup)      | 85                     | 15                    | 0                        | 0                   | 30                | 230                  | 4                             | 2                       | 2                | 1                 | 40                    | 6                     | 4                  | 0               |
| <b>mushrooms</b>        | (5 medium)       | 84                     | 20                    | 0                        | 0                   | 0                 | 300                  | 3                             | 1                       | 0                | 3                 | 0                     | 2                     | 0                  | 2               |
| <b>mustard greens</b>   | (1 1/2 cups)     | 84                     | 25                    | 0                        | 0                   | 40                | 230                  | 3                             | 1                       | 1                | 2                 | 90                    | 100                   | 0                  | 0               |
| <b>onion</b>            | (1 medium)       | 148                    | 60                    | 0                        | 0                   | 5                 | 240                  | 14                            | 3                       | 9                | 2                 | 0                     | 20                    | 4                  | 2               |
| <b>potato</b>           | (1 medium)       | 148                    | 100                   | 0                        | 0                   | 0                 | 720                  | 26                            | 3                       | 3                | 4                 | 0                     | 45                    | 2                  | 6               |
| <b>radishes</b>         | (7 radishes)     | 85                     | 15                    | 0                        | 0                   | 25                | 230                  | 3                             | 0                       | 2                | 1                 | 0                     | 30                    | 2                  | 0               |
| <b>romaine lettuce</b>  | (6 leaves)       | 85                     | 20                    | 0                        | .5                  | 0                 | 140                  | 3                             | 1                       | 2                | 1                 | 20                    | 4                     | 2                  | 2               |
| <b>spinach</b>          | (1 1/2 cup)      | 85                     | 40                    | 0                        | 0                   | 160               | 130                  | 10                            | 5                       | 0                | 2                 | 70                    | 25                    | 6                  | 20              |
| <b>summer squash</b>    | (1/2 medium)     | 98                     | 20                    | 0                        | 0                   | 0                 | 260                  | 4                             | 2                       | 2                | 1                 | 6                     | 30                    | 2                  | 2               |
| <b>sweet corn</b>       | (1 medium ear)   | 90                     | 80                    | 10                       | 1                   | 0                 | 240                  | 18                            | 3                       | 5                | 3                 | 2                     | 10                    | 0                  | 2               |
| <b>sweet potato</b>     | (1 medium)       | 130                    | 130                   | 0                        | 0                   | 45                | 350                  | 33                            | 4                       | 7                | 2                 | 440                   | 30                    | 2                  | 2               |
| <b>tomato</b>           | (1 medium)       | 148                    | 35                    | 0                        | .5                  | 5                 | 360                  | 7                             | 1                       | 4                | 1                 | 20                    | 40                    | 2                  | 2               |